

BARSTOW LOG

SERVING MCLB DURING TRANSITION AND CHANGE

Vol. 5, No. 9

Marine Corps Logistics Base Barstow, California

January 11, 2001

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<http://www.usmc.mil>

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<http://www.barstow.usmc.mil>



Photo by LCpl. Joshua Barnhardt

Captain Domingo Duran, base fire department training captain, grades base firefighters on the Emergency Vehicle Obstacle Course as part of their annual driver training. The obstacle course involves three-point turns,

slaloms, 90-degree turns, driving in reverse and a quick-reaction simulator. Each driver is permitted six chances to complete each obstacle.

Marine of the Year puts 'martial' into base Provost Marshal's Office

By **LCpl. Cory Kelly**
BARSTOW LOG staff

Less than a month ago, LCpl. Richard R. Wheelen, Jr.,



Marine of the Year
Lance Corporal Richard R. Wheelen, Jr.

took the Marine of the Quarter board by surprise, and Friday he stepped up to the plate and took the throne of Marine of the Year.

These actions surprised very few people. Since Wheelen arrived at Barstow eight months ago, he has all but been the image of the perfect Marine to the people around him. The six-foot-tall, 205-pound mass of Provost Marshal motivation – which all but demands respect – is, in the eyes of his peers, one of the most dedicated Marines they've ever seen.

Those around him sum up his persona in hundreds of one-word answers.

"Dedicated."
"Motivated."
"Hard-charging."
"Hardcore."

One of the longest answers received was that of military policeman LCpl. Scott R. Placko, now serving as the base commander's driver, who said, "the man's a machine."

Unlike most machines though, Wheelen had parents. He was born, the product of a Pennsylvanian cowboy and a janitor, in Castle Grand, Ariz. A place he says, "is a lot like Barstow with a little more people."

When he was eight, he wanted to begin

his trek into the world of martial arts, but it was inevitably decided he was too young and not quite mature enough to take up the trade.

At ten, he begged and pleaded, until one day his parents gave in and allowed him the privilege of taking Chinese Kempo classes.

Chinese Kempo is a self-defense study that incorporates both distance fighting and grappling fighting styles.

At fifteen he earned his brown belt, and a few weeks shy of his 16th birthday he started teaching students of his own.

Upon graduating from high school he set aside his role as a martial arts instructor to take up residence in the Marine Corps as a military policeman.

After recruit training at Marine Corps Recruit Depot San Diego, Military Occupational Specialty school at Fort McClellan, Ala., and a short stretch at Camp Pendleton, he shipped off to Camp Foster, Marine Corps Base Camp Butler, Okinawa, Japan for a year.

Now here working the night shift as a military policeman, he recently finished his 10th Marine Corps Institute course, has five

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Financial Planning: Setting something aside for future

By SgtMaj. Stephen H. Mellinger
Marine Forces Pacific

CAMP H.M. SMITH, Hawaii – If you, whether single or married, were asked about your personal future financial plans, would it bring a confident smile to your face or the “deer in the headlights stare?” Unfortunately many of us think that words such as “future” and “financial planning,” are words not meant to be used in the same sentence.

As young adults our future financial plans generally consist of the upcoming weekend and how much we need to pay for it. Unless you Marines are a lot wiser than I was at your age (and I hope you are), then I’m probably right. It’s sad to say, but even the majority of older Marines have not bothered to think about their financial future.

Most of us have a false sense of financial security because we get that pay every two weeks and the bills are getting paid. Also, we as a society, seem to embrace a “live for today” lifestyle which leaves no room (money wise) for emergencies or financial security investments for our “golden years.”

I know a few very senior Marines who recently retired from the Corps with 20–30 years of service. And they walked out the gates with not much more than their last active duty paycheck. I wondered how they were going to make it financially in the “after life” from the Marine Corps. You could see the uncertainty in their eyes.

Without exception every Marine that is in that type financial situation wishes they were not. What a horrible way to start what should be the “worry free, kick back and smell the flowers” part of your life. Instead they are wondering where the money will come from to continue paying their creditors.

No matter if we serve for just one tour of duty in the Corps or stay the course for 30 years, we all must realize the importance of preparing now for our financial security.

Would you agree that we do a much better job providing for future needs of Marines in our charge than we do for our own family? We’ve all received the financial planning pitch while in recruit training. For me it went in one ear and out of the other.

“I wish I had been smart enough to set aside even a couple of dollars a payday when I first came in the Corps 28 years ago.”

– SgtMaj. Stephen Mellinger

For years (as a bachelor) my priorities were cars, parties and fun times, but then I married. We had children. Would you believe it? My priorities changed dramatically. When I did begin to think about “life after the Corps,” and even retirement from a second career, I regretted not setting money aside decades ago as a young bachelor.

For me it was only about 15 years ago when I started taking steps to be financially secure when I reach my “golden years.” Prior to that time, my family’s total assets were limited to what cash my wife and I had in our pockets after paying the monthly bills.

I wish I had been smart enough to set aside even a couple of dollars a payday when I first came in the Corps 28 years ago. Because I waited so late in life to begin preparing for financial

security (or total retirement where I don’t have to work any more), my family has had to make real sacrifices. But now we see that our aggressive investments and savings of the last 15 years is paying off.

Each of you should have a financial plan aimed at making life comfortable for you and your family later in life. I don’t believe any of us want to “have” to work until we’re 90 years old just to survive.

The saying, “Money can’t buy happiness,” is an accurate saying, but I suggest that having financial security will sure make life less stressful and more enjoyable. There’s another saying I agree with, “Love makes the world go around, but money greases the axle.”

There are numerous ways to save or invest. They include (but are not limited to) bank/credit union savings, stocks, mutual funds, bonds or Individual Retirement Accounts.

I encourage all of you who currently don’t have a financial plan to seek consultation from a professional. But before you do that you first must set financial goals for yourself. For example, do you want to stop working by age 60? Then to do that you must figure out how much money you would need to have saved as you reach age 60.

Not everyone (to include me) will be a millionaire, but those that set goals and start a plan early in life, have a much better chance of getting there than those that put their hopes in winning a state lottery!

Marines, 30 years from now it won’t seem too important who you bought beers for in Hawaii, what super car stereo system you had to have or how much those cool rims on your ride cost you. You will however remember back to this time (one way or another) concerning your finances.

If you do begin now to save for the future, you will have fond memories. If you don’t start now, you’ll look back 30 years from now thinking, “If only I had started saving . . .”

How ‘short’ is that shortcut?

By Lt. Cmdr. Elmon R. Krupnik
Base Chaplain



The other day, as I was returning from the Ontario airport, there was a traffic backup where I-215 and I-15 meet. I’m sure all of you are familiar with that

location. I decided that I did not want to wait in the traffic, and exited off of the freeway, looking for a shortcut. The shortcut would have worked if it had not been for the two extremely long trains that crossed my path. I would have been better off staying with the traffic and waiting patiently.

There are times in our own lives when we feel that we are in a traffic jam waiting for God to answer our prayers. While we are waiting, we become impatient, and want to take a

shortcut on our own. A classic example in the Old Testament is Abraham, who got impatient waiting for God to give him his promised son, and took things into his own hands by having a son with Sarah’s maidservant, Hagar. Abraham’s actions created more problems for him that he could have prevented if he had waited patiently for God.

When we take action into our own hands and follow our own will instead of God’s will, we often create a mess. God tells us to wait on Him and not take things into our own hands. Psalm 37:7 states, “Be still before the Lord and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes.” Let us remember when we get impatient waiting on God to be careful of the shortcuts that we might want to take, and instead, wait patiently on Him, because He is faithful.

Blessings to all,
Chaplain Krupnik

Just doing my job ...



Photo by LCpl. Joshua Barnhardt

Arsenia Terry, sales associate at the Marine Corps Exchange, rings up an item as she answers the phone. It gets pretty busy at the MCX, but it is under control as long as Terry is just doing her job.

Chapel Hours

Protestant Sun. 8:30 a.m.
Catholic Mass Sun. 10:30 a.m.

**Confession services
before Mass**

Yermo Bible Study

Wednesday 11 - 11:30 a.m.

At the **Colonel’s Workshop**
For more info call
Don Brooks at 577-7165.



BARSTOW LOG



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For information on advertising in BARSTOW LOG, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (661) 945-5634.

NEWS BRIEFS

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon, Friday for the next issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

Wanted: VITA reps

The time for filing taxes is once again around the corner. The Volunteer Income Tax Assistance (VITA) program is looking for a few dedicated military and civilian volunteers. The program allows military personnel, retirees and their respective dependents to file income tax returns for free. VITA allows these personnel to avoid the sometimes hefty processing fees that civilian agencies charge.

All VITA representatives must undergo a training program offered on base by the IRS. VITA representatives will become knowledgeable in aspects of federal and California law in order to offer the best help to personnel.

Watch this column in the future for a list of VITA representatives.

If you would like to volunteer for VITA, or to get more details, contact SSgt. Johnny Garcia or Jacque Fadeley at 577-6874.

Shooters wanted

The Base Inspector's Office seeks Marines interested in shooting in the West Coast Regional Championships at Camp Pendleton March 2-23 and the Pacific Fleet matches in April.

Anyone interested in trying out for the team or looking to improve their marksmanship skill is encouraged to apply.

For more info call Capt. Vincent D. Applewhite or MSgt. David W. Vanhovel, 577-6373/6725.

Hazardous Waste Labeling Procedures

The Hazardous Waste portion of the Hazardous Material Management System will go into effect in March, not January as previously reported by the BARSTOW LOG.

According to Hazardous Waste Manager Dave Tousseau, unforeseen problems with the program were found January 2 when personnel tried to use the system. The company contracted to operate the program was contacted, but they will not be able to repair it until some time in March.

Until the program is fixed, Hazardous Waste labeling will continue as in the past.

For more info call 577-6758.

Teen Summit

Headquarters Marine Corps is seeking a few good teens to participate in the 2001 Marine Corps Teen Summit May 4-8 at the Xerox Document University, Leesburg, Va.

The 2001 Teen Summit goal is to identify teen issues and proposed solutions. The summit affords teens the opportunity to "speak up," identify teen issues and concerns, develop leadership skills, and to address future priorities for youth and teen programs throughout the Corps.

For more information, call the MCCS Children and Youth Service Program Administrator, 577-6473, or

Program Director, 577-6059.

Question to the Corps

The Commandant of the Marine Corps released his most recent "Question to the Corps" in MARADMIN 626/00 December 27.

The Commandant wants to know "How can we better measure the readiness of our Corps and of each individual Marine?"

Marines, Sailors and civilians are encouraged to reply to the Commandant's question.

Also, Marine Mail is still encouraged. Marine Mail submission requirements are

A) What aren't we doing that we should be doing?

B) What are we doing that we should do differently?

C) What are we doing that we shouldn't be doing?

D) What new concept or idea should the Marine Corps investigate to improve its warfighting capability?

Submit "Question to the Corps" and Marine Mail replies/suggestions to marinemail@hqmc.usmc.mil, FAX them to (703) 614-5035, or mail them to:

Marine Mail (CMC)
HQMC
2 Navy Annex
Washington, D.C. 20380-1775

Warrant Officer Programs

The Marine Corps Recruiting Command is accepting applications from active duty Marines for the FY02 Enlisted to Warrant Officer Program from now until March 3 according to MARADMIN 627/00.

The WO program is designed to provide the Marine Corps technical specialists who perform duties that require extensive knowledge of a particular Military Occupational Specialty. Applicants must be technically and professionally qualified to serve in certain MOSs to qualify for the program. Details are available in MARADMIN 627/00

The Warrant Officer board convenes June 3 for approximately four weeks. Six to eight weeks after the board, appointees' names will be released through MARADMIN message.

For more info contact SSgt. Christian D. Galbraith, Career Planner, 577-6684.

Tube News

Semper Fi: The long-awaited television movie is scheduled to air on NBC February 4. The two-hour show, produced by Steven Spielberg, was originally planned as a pilot for a television series featuring young men and women from diverse backgrounds who undergo the Marine Corps recruit

101 things you should never ask a Marine to do

By E. Temple



Never ask a Marine to clean your car.

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-619-00	Forklift Operator WG-5704-05 (Term NTE 366 days)	12-18-00	01-16-01	01-02-01	MCLB Barstow
DEU-644-00	Supervisory General Engineer GS-0801-13	12-27-00	01-26-00	01-10-01	MCLB Barstow
DEU-647-00	Electronics Worker WG-2604-08	12-28-00	01-26-01	01-12-01	MCLB Barstow
DEU-004-01	Military Personnel Clerk/Assistant GS-0204-03/04	01-02-01	01-16-01	N/A	MCLB Barstow
DEU-004-01	Mail and File Clerk GS-0305-03/04	01-02-01	01-16-01	N/A	MCLB Barstow
DEU-004-01	Clerk-Typist GS-0322-03/04	01-02-01	01-16-01	N/A	MCLB Barstow
DEU-004-01	Computer Clerk GS-0335-03/04	01-02-01	01-16-01	N/A	MCLB Barstow
DEU-004-01	Budget Clerk GS-0561-03/04	01-02-01	01-16-01	N/A	MCLB Barstow
DEU-004-01	Medical Clerk GS-0679-03/04	01-02-01	01-16-01	N/A	MCLB Barstow
DEU-004-01	Educational Technician GS-1702-03/04	01-02-01	01-16-01	N/A	MCLB Barstow
DEU-004-01	Personnel Clerk/Assistant GS-0203-03/04	01-02-01	01-16-01	N/A	MCLB Barstow
DEU-004-01	Miscellaneous Clerk/Assistant GS-0303-03/04	01-02-01	01-16-01	N/A	MCLB Barstow
DEU-004-01	Secretary GS-0318-03/04	01-02-01	01-16-01	N/A	MCLB Barstow
DEU-004-01	Office Automation (OA) Clerk GS-0326-03/04	01-02-01	01-16-01	N/A	MCLB Barstow
DEU-004-01	Management and Programs Clerk GS-0344-03/04	01-02-01	01-16-01	N/A	MCLB Barstow
DEU-004-01	Account Technician GS-0525-03/04	01-02-01	01-16-01	N/A	MCLB Barstow
DEU-004-01	Procurement Clerk GS-1106-03/04	01-02-01	01-16-01	N/A	MCLB Barstow
DEU-004-01	Supply Clerk GS-2005-03/04	01-02-01	01-16-01	N/A	MCLB Barstow
OTR-151-00	Electrical Integrated Systems Mechanic WG-2610-12 (Temp NTE one year)	12-19-00	01-16-01	01-02-01	MCLB Barstow

Applicants interested in announcements beginning with DEA or OTR should submit their resume to:

Human Resources Service Center, Southwest
ATTN: Code 522 (announcement number)
525 B Street, Suite 600
San Diego, CA 92101-4418

For more information concerning public job announcements visit the Self-Service, Bldg. 37, Monday through Friday from 7 a.m. to 3:30 p.m. or call the Human Resources Office 24-hour employment information line at 577-6919.

If you have Internet access, browse to <http://www.usajobs.opm.gov>.

For information regarding Open Continuous Merit Promotion announcements point your browser to <http://www.donhr.navy.mil>.

Real men don't need instructions

From Marine Corps Safety Division

Three mechanics were trying to start a truck after installing an engine and transmission. After several failed attempts, the mechanics determined that the protection control box and ignition switch were inoperative.

Using a non-standard starting procedure, they bypassed the defective components as well as the transmission neutral safety switch. During the first bypass attempt the truck tried to move forward. The mechanic in the driver's seat ceased trying to start the truck to ensure the transmission shift lever was in the neutral position, the parking brake applied and the wheel chock in place. On the next attempt, the engine started and the truck took off out of the maintenance bay with all three mechanics in the cab. The mechanic in the driver's seat tried to stop the truck by slamming on the foot brake. The mechanic in the middle seat tried pulling the emergency fuel shutoff cable and putting the transmission in reverse and back to neutral. The fuel shutoff and transmission shifter did not work. With the engine racing, the truck picked up speed and hit a small cargo vehicle and continued approximately 60 feet before ripping through a chain link fence, taking out four 8 foot concrete poles and finally crashing into a concrete wash/lube rack.

Sound like the script of a Home Improvement episode? I started giggling just imagining Tim "The Toolman" Taylor doing something similar. Funny? Try this:

Close stations march order was sounded for the battery. Gun #2 commenced preparation of howitzer for towing procedures. Gun #2 completed the following steps: travel lock was installed (step #9), wheels were locked down (step #19), spade keys and spade plungers were disconnected from the trails (step #24) and the base plate was removed (step #27). At this point the section chief asked the gunner if the muzzle plug had been installed (step #3). The gunner responded no and

was directed by the section chief to put the muzzle plug in. The muzzle was elevated so the gunner had a Marine sit on top of his shoulders to install the muzzle plug. The Marine could not reach the muzzle, so he grabbed the muzzle brake, wrapped his legs around the cannon tube, and pulled himself towards the muzzle to insert the plug. With the Marine hanging from the muzzle brake, the howitzer fell (muzzle end forward) to the ground. The muzzle brake struck the Marine on his helmet and forehead. Not so funny. This Marine died.

Just as serious: A mechanic was conducting scheduled maintenance on an aircraft's ejection seats. Both seats were installed in the aircraft without drogue chutes, even though no procedure exists for installing drogue chutes with ejection seats installed in the aircraft. The collateral duty inspector directed, and the quality assurance representative permitted this unauthorized procedure. For seat installation the arming checklist requires that a CDI and a QAR remain on the aircraft until the seat is inspected. Both the CDI and QAR departed the area prior to the final inspection. While installing the drogue chute, the mechanic removed the ejection gun safety pin and unintentionally initiated ejection. He was fatally injured during ejection and a second mechanic was injured when the seat fell on him.

I'm sure all of us, at one time or another, have heard a maintenance officer or our Commanding Officer say that he wanted maintenance done "by the book." By the book, what does that really mean? It means just what it says. You do maintenance in exactly the order, using the procedures and tools, written in the manual. Why? Most of the procedures were thoroughly thought out and tested, or were modified because of incidents similar to those discussed above. Most of what we do, and how we do it, has been written quite literally

See SAFETY Page 6

Cold, flu season returns

By Capt. Robert E. Hoyt
Naval Hospital Pensacola

NAVAL AIR STATION PENSACOLA, Fla. — Before you know it, cold and flu season will be here, and you may be ready to say "Doctor, can you help me?" But before you ask your doctor for help, here are some things you need to know about colds and flu — or upper respiratory infections.

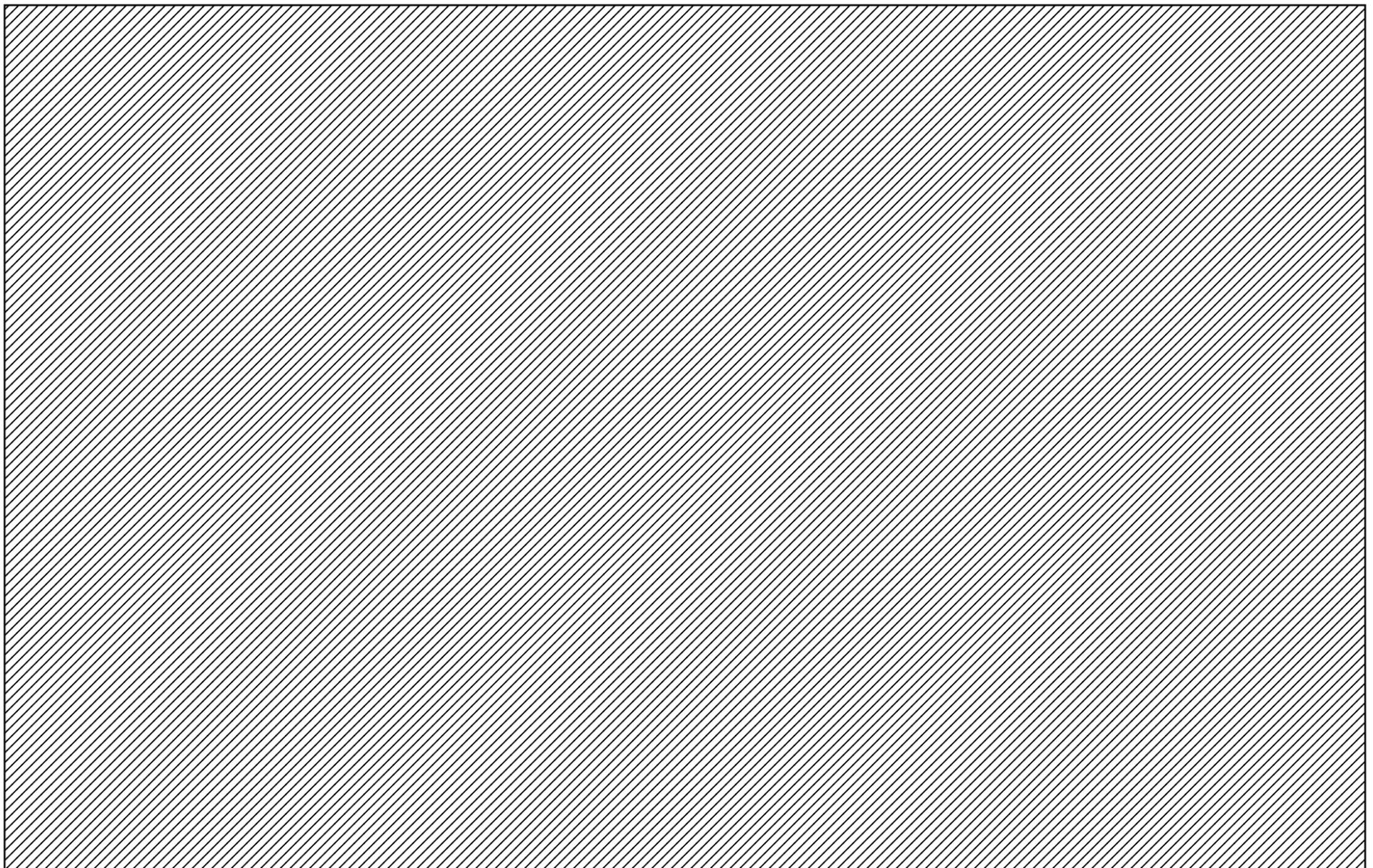
URIs are caused by viruses that affect the nose, ears, throat, sinuses and chest during the late fall and winter months. Most are mild and are resolved without any type of treatment.

The common cold is caused by more than 200 types of viruses. Symptoms include low-grade fever (less than 101 degrees), nasal congestion, headache, muscle aches, fatigue, sneezing and mild sore throat. The fever disappears in a few days, and the nasal symptoms usually go away within two weeks.

The flu has a higher fever than the common cold (101-104 degrees), but the muscle aches, headaches and fatigue are more severe. Cough, runny nose and sore throat are also common. Flu can seem to sap your strength, and most people will spend several days to a week in bed.

Colds and flu are both caused by viruses. Unlike bacteria, antibiotics do not affect viruses. Patients may get some relief from the symptoms of colds and flu using over-the-counter medicines like decongestants and pain relievers, but many of these do not help you recover.

The vast majority of people improve with time without any treatment.



Nation honors 'messenger of nonviolence'

By Rudi Williams
American Forces Press Service

WASHINGTON – Monday marks the nation's 15th observance of the legal holiday honoring slain civil rights leader and Nobel Peace Prize winner Martin Luther King Jr.

King was born January 15, 1929. Legislation creating the holiday in his honor names the third Monday of January as the day on which it is observed.

Legislators created the holiday in 1985 to serve as a time for Americans to reflect on the principles of racial equality and nonviolent social change espoused by King. King's widow, Coretta Scott King, served as chair of the federal commission planning the first nine-day observance of the holiday the following year.

"For the first time in the history of this great

nation, we're honoring a peacemaker, a messenger of nonviolence – a drum major for justice, love and righteousness who was a native son of America," she said. "Where others preached hatred, he taught the principles of love, nonviolence and a patriotic commitment to making democracy work for all Americans.

"Martin's day, therefore, should be a time for peace and nonviolence in all our human relationships and in every aspect of our personal lives ... a day when all of us put aside our differences and join in a spirit of togetherness in recognition of our common humanity."

Born in Atlanta, King skipped the ninth and 12th grades and studied at Morehouse College in Atlanta at age 15. While still an undergraduate student, he was ordained a minister and was elected assistant pastor of Ebenezer Baptist Church at age 18.

He received a bachelor's degree in sociology from Morehouse at 19, a bachelor of divinity degree from Crozer Theological Seminary, Chester, Pa., at 21, and a doctorate in systematic theology from Boston University at 25. King also studied at the University of Pennsylvania and Harvard University.

King once described the life of the black American as "sadly crippled by the manacles of segregation and the chains of discrimination." In some cities, blacks were forced to sit in the back of public buses and even had to give up their seats to whites. But in

December 1955, a black seamstress took a seat in the front of the bus in Mont-

gomery, Ala., and helped to change the face of the American landscape.

Told to get up so a white person could sit down, Rosa Parks refused, defying the city's segregated transportation ordinance. She was arrested. The incident spurred King, then the new pastor of the Dexter Avenue Baptist Church in Montgomery, and other blacks to organize a boycott of the bus company.

The boycott succeeded, gaining widespread public attention and serving as a model for many other similar actions by civil rights activists around the country. The civil rights movement had begun. Within six months, the courts had decreed state and local laws enforcing the segregation of public transportation were unconstitutional.

In the ensuing years, King made equal rights his life's work. Using his own assets and nonviolent tactics, he organized hundreds of boycotts, rallies and marches across the United States, becoming a pivotal civil rights figure. He was often beaten, imprisoned and maligned, but he never stopped teaching or practicing nonviolence.

King was arrested 30 times for participating in civil rights activities. One of those times, while in solitary confinement, King wrote the "Letter from Birmingham Jail" in the margins of a newspaper and on scraps of paper. He refuted several influential critics who had condemned his work as "unworthy of a man of God." King wrote he had come to bring the gospel far beyond his own home.

"We have waited for 340 years for our constitutional rights and God-given rights, and

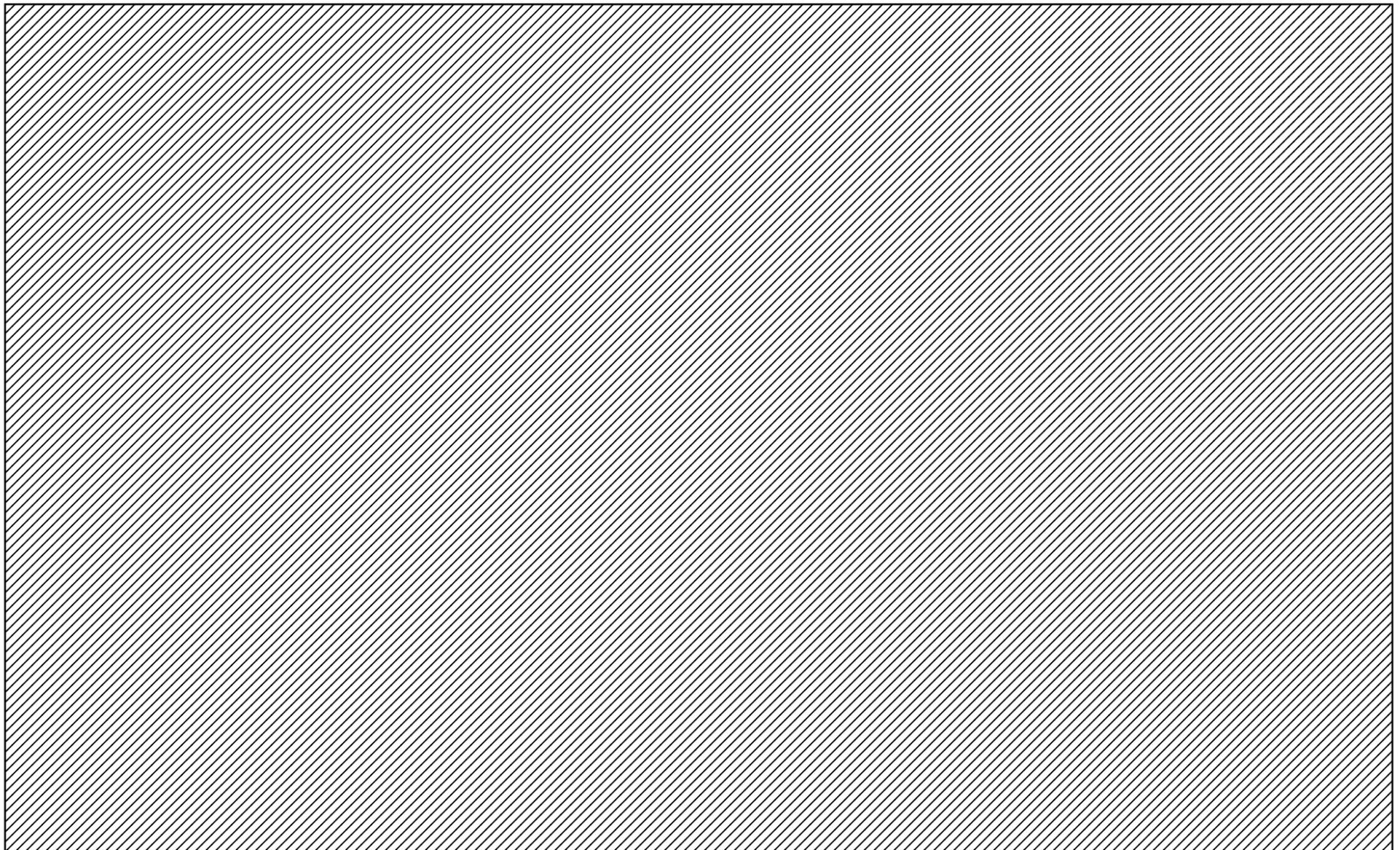
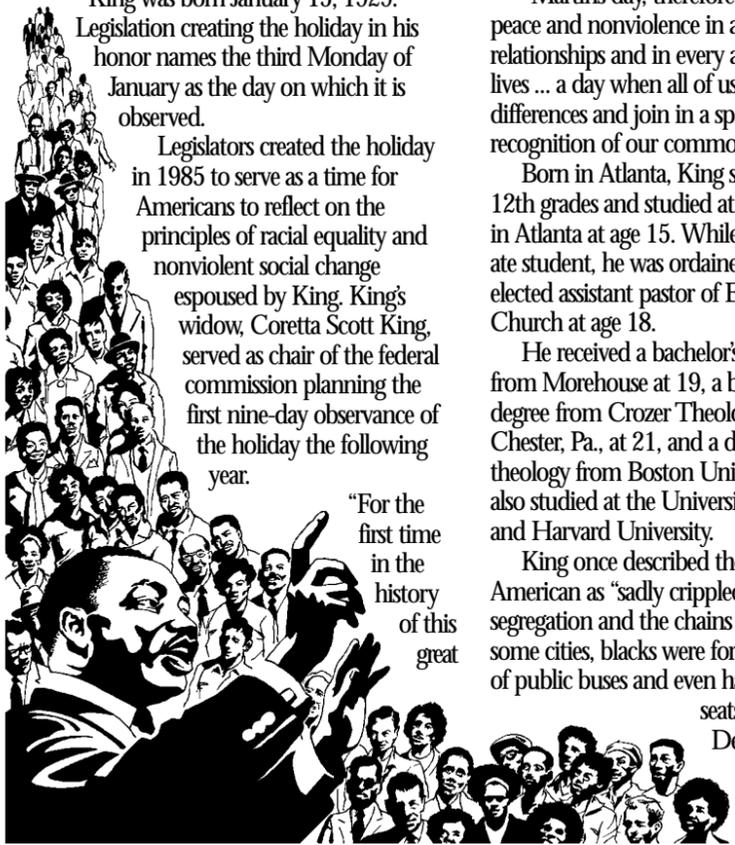
we still creep at horse-and-buggy pace toward the gaining of a cup of coffee at a lunch counter," King wrote.

On August 28, 1963, men and women of all races, religions and political backgrounds participated in a March for Jobs and Freedom in Washington. King delivered his famous "I Have a Dream" speech to a throng of more than 250,000 people that day at the Lincoln Memorial.

King called the huge gathering a "nonviolent army." The march succeeded far beyond the greatest expectations of its planners in transcending political quarrels of the time, bridging differences between competing groups of Americans and speaking to the conscience of the nation. It succeeded, according to its organizers, because it embraced the most enduring and basic American values – equality and justice for all.

In 1964, at age 35, King became the youngest man in history and the third black man to be awarded the Nobel Peace Prize. Four years later, he went to Memphis, Tenn., to help lead sanitation workers in a protest against low wages and working conditions. He was shot and killed there April 4, 1968, while standing on his motel balcony.

King wrote six books: "Stride Toward Freedom," "The Measure of a Man," "Why We Can't Wait," "Strength to Love," "Where Do We Go From Here: Chaos or Community?" and "The Trumpet of Conscience." All his works and awards are preserved in the archives of the Martin Luther King Jr. Center for Nonviolent Social Change in Atlanta.



Carbon monoxide: Silent killer

By GySgt. Frank Patterson
Public Affairs Chief

The cold snap combined with rising prices for natural gas and electricity is causing many High Desert residents to seek out other methods of heating their homes this winter. One method is as old as when the first caveman rubbed two sticks together and put the resulting flame in a fire pit – the wood-burning fireplace.

Burning wood – or any other fuel for that matter – releases a colorless, odorless, tasteless, toxic gas that has been blamed for approximately 200 United States deaths annually. According to the Consumer Products Safety Commission, this gas injures an additional 5,000 people annually. These deaths and injuries are typically caused by improperly used or malfunctioning equipment aggravated by improvements in building construction which limit the amount of fresh air

flowing in to homes and other structures.

While homes are built to vent this gas, sometimes things happen that cause the gas to leak back into the house. Cracked furnace heat exchangers, malfunctioning furnace or water heaters and a blocked chimney are only a few of the ways that CO is filtered back into a household.

A fireplace is not the only household apparatus that creates carbon monoxide. Any fuel-burning apparatus has the potential to produce CO gas. Many items around a household create the gas and, if it is not disposed of properly, the effects of the gas can be devastating. Some of the more common items are gas water heaters, fireplaces, gas dryers, grills and automobiles.

Carbon monoxide literally suffocates a person from inside their body by severely reducing the blood's ability to carry oxygen to body tissues including the heart

and brain. When a person inhales CO, it combines with the oxygen-carrying hemoglobin of the blood to form carboxyhemoglobin that cannot transport oxygen. CO toxicity levels are usually expressed in airborne concentration levels (PPM or parts per million) and duration of exposure. Carbon monoxide exposure symptoms are listed in the accompanying table.

The best way to detect a CO buildup is with a CO detector. There are a number of different types and brands of CO detectors on the market, but the major difference between detectors is the type of power they use.

Battery-powered detectors use a passive sensor technology that reacts to CO gas exposure over a period of time. Household current (alternating current) detectors use a solid-state sensor that samples, purges and re-samples the air periodically to detect CO buildup.

Both detectors generally cost between \$30-50 at a local hardware store. The main thing to look for when purchasing a detector is an Underwriter's Laboratories (UL) standard 2034 listing. This standard defines specific alarm and sensitivity requirements for CO detectors.

The CPSC recommends one detector is installed for each floor of the house.

MOY from Page 1

more on the way and is a just a few months away from earning his martial arts black belt. He is a member of the Special Reaction Team, and leaves for Special Reaction Team school in Fort Lenwood, Ga., at the end of the month.

Wheelen is 22 years old, and he admits he doesn't have it all figured out.

It's coming up on decision time, and he isn't quite sure whether or not he wants to go for the long haul of a career in the Marines. He said he would like to continue his service in the active ranks but is keeping his options open.

"I'm looking at a job at a correctional facility in Arizona, but I'm not sure what I'm going to do," said Wheelen. "There is a college in Arizona that offers a major in martial arts. It's the only college in the country offering that as a major. So, maybe I'll end up going there."

Dave Mendez, Wheelen's Chinese Kempo instructor, is pretty sure Wheelen will succeed no matter what his choice.

"He's very focused and very dedicated to what he likes to do. He's aggressive, not bashful," Mendez said. "A great student."

SAFETY from Page 4

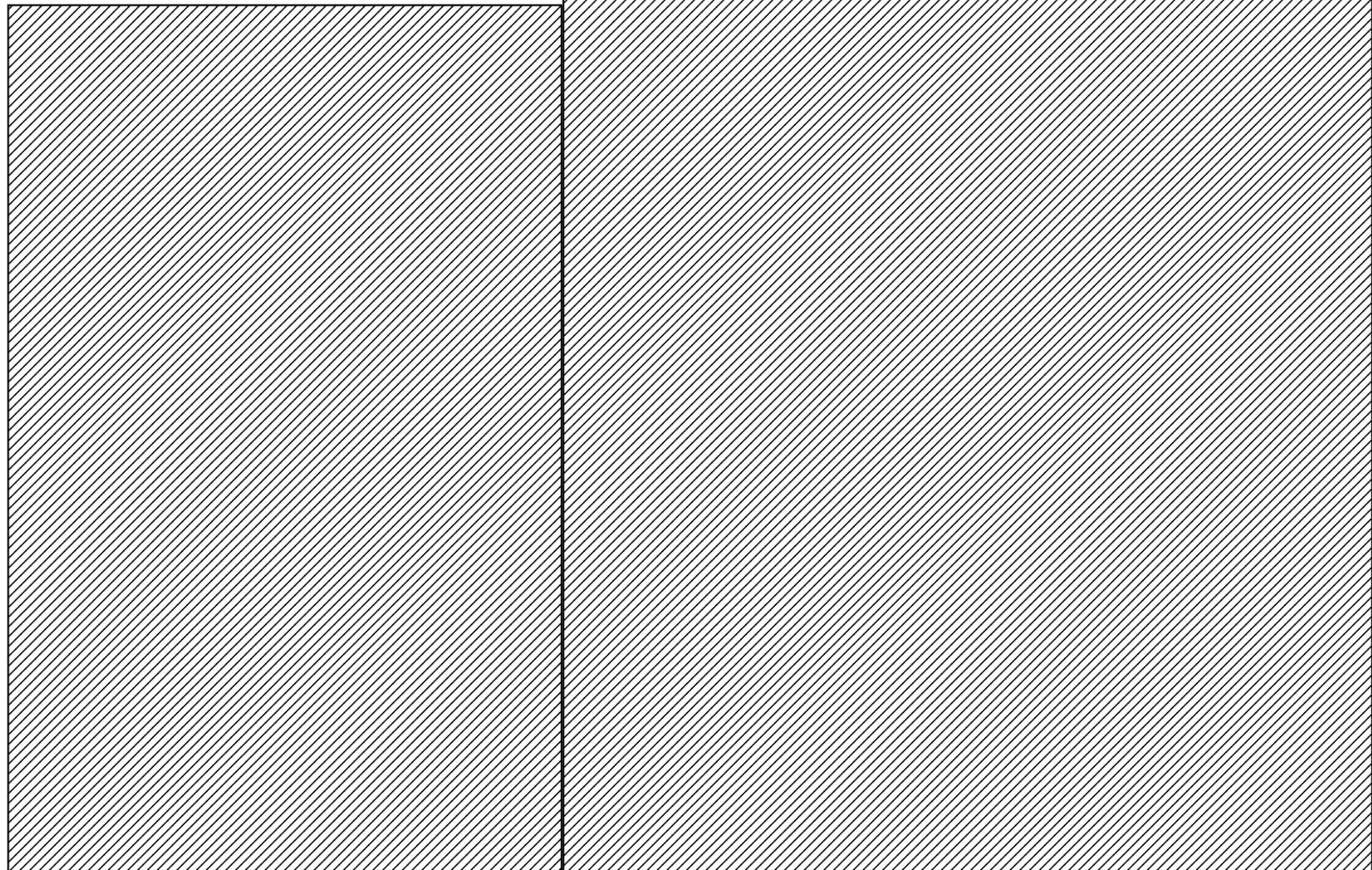
in blood.

Today's weapon systems are extremely complex and getting more so. No one person can remember every part or procedure on a modern combat aircraft, a tank, or other equipment. Even the most experienced of us can forget the simplest of steps. That's why they write a maintenance manual, so that you don't have to remember every little detail and don't skip steps or forget parts.

The best way to stay out of trouble around complex equipment is to read the book before you begin work, have it available to refer to and review the book after you complete the job. Even if you've done the job a thousand times, get a cup of coffee and take a few moments to review the book before you begin. If you've never done a job before, get somebody to show you how, but make sure that you both use the book. If the book is wrong or there's another way to safely do the job, tell someone.

Short cuts and modified procedures will eventually lead to disaster. If you don't have time to do it right the first time, will you survive to do it over?

PPM CO	Time	Symptoms
35	8 hrs	Max OSHA-allowed exposure in the work place over 8-hr period.
200	2-3 hrs	Mild headache, fatigue, nausea and dizziness.
400	1-2 hrs	Serious headache. Other symptoms intensify. Life threatening after 3 hrs.
800	45 min	Dizziness, nausea and convulsions. Unconscious within 2 hrs. Death within 2-3 hrs.
1600	20 min	Headache, dizziness and nausea. Death within 1 hr.
3200	5-10 min	Headache, dizziness and nausea. Death within 1 hr.
6400	1-2 min	Headache, dizziness and nausea. Death within 25-30 min.
12800	1-3 min	Death



AROUND THE CORPS

Chosin Reservoir Campaign remembered at Navy Memorial

'The Lone Sailor'

The Lone Sailor statue represents all people who ever served, are serving now or are yet to serve in the Navy.

The Lone Sailor is a composite of the U.S. Navy bluejacket, past, present and future. He's called the Lone Sailor, yet he is hardly ever alone, standing there on the broad granite plaza which forms the amphitheater of the Navy Memorial. Visitors to the Memorial are immediately drawn to him to peer into his far-seeing eyes, to admire him or size him up, to see if he's as tough or as gentle as he seems. Visitors find that he is all that he seems and probably more.

The founders of the Navy Memorial envisioned this Lone Sailor at 25 years old at most, a senior second class petty officer who is fast becoming a seagoing veteran. He has done it all – fired his weapons in a dozen wars, weighed anchor from a thousand ports, tracked supplies, doused fires, repelled boarders, typed in quadruplicate and mess-cooked, too. He has made liberty call in great cities and tiny villages, where he played tourist, ambassador, missionary to the poor, adventurer, souvenir shopper and friend to new lands. His shipmates remember him with pride and tell their grandchildren stories, some of which, like him, are

"You would want this guy at your battle station when it's not a drill. He is the classic American Sailor. That statue looks like bronze, but there is plenty of salt, paint, sweat, fuel oil and courage stirred in."

– MCPON Billy C. Sanders (ret.)



seven feet tall.

The bronze statue is the creation of Stanley Bleifeld, U.S. Navy Memorial's official sculptor, selected by a board of recognized art authorities from a field of 36 sculptors identified in a six month, nationwide search. A native of New York City, Bleifeld maintains a studio at his home in Weston, Connecticut, and also in Pietrasanta, Italy.

Stanley Bleifeld served in the Navy in World War II. Like many other talented artists at the time, he was assigned as an illustrator for Navy training manuals; he never went into battle, but he helped train those who did.

After so long an absence from the Navy, Bleifeld visited the fleet and other Navy activities to help him see anew the American Sailor in the sea environment; he

See **SAILOR** Page 12

By Marine Corps Historical Division and Henderson Hall News

WASHINGTON – On a blustery December 12, cold enough to remind those in attendance why they were there, a crowd of 400 gathered at the U.S. Navy Memorial to honor and remember American and Allied heroes of the epic Chosin Reservoir Campaign of the Korean War 50 years ago.

The ceremony, hosted by Secretary of the Navy Richard Danzig, was one of two national events conducted by the Navy and Marine Corps to commemorate the campaign as part of the congressionally authorized 50th Anniversary Commemoration of the Korean War.

The day's events began with a formal, full honors ceremony at the memorial that was followed by a symposium on the campaign at the memorial's Naval Heritage Center. Throughout, the focus was on remembering those who served and honoring their sacrifices by learning the many lessons of the campaign, a purpose stated by Danzig in his opening remarks.

"We also have an opportunity to learn today from what happened 50 years ago," Danzig said. "We made strategic assessments that were overconfident in the wake of a brilliant landing at Inchon. We positioned ourselves in ways which were strategically unwise."

Danzig continued, "In the end, whatever deficiencies existed in our larger plan, in our preparation and our strategic judgments, were more than compensated for by the amazing courage, the bravery of our Marines, of our soldiers, of our airmen, of our Sailors, of Coast Guardsmen and Merchant Marine members who fought with us, of our allies from 21 nations."

The Chosin Reservoir Campaign began when Gen. Douglass MacArthur, in the aftermath of the brilliantly successful Inchon landing, directed the "X Corps" in the northeast, and the 8th U.S. Army in the west to advance north towards the Yalu River and the Manchurian Border in simultaneous, but uncoordinated offensives in November 1950. X Corps, under the command of Army MajGen. Edward M. Almond, consisted of the 1st Marine Division, the Army's under-strength 7th Infantry Division, and two Republic of Korea Army Divisions. The 1st Marine

Division, with elements of the 7th Infantry Division and the 41st Independent Commando Royal Marines, was ordered to advance to the Chosin (Changjin) Reservoir along a harrowing mountainous route, where it was attacked by the 9th Army Group (12 divisions) of the Chinese People's Liberation Army.

Over the weeks that followed, in brutal, sub-zero winter conditions, the division would conduct a fighting withdrawal southward to the port city of Hungnam, bringing all of its wounded and most of its dead and equipment with it. Along the way, the division and supporting aircraft from the 1st Marine Aircraft Wing and carriers of the Navy's Task Force 77 would inflict an estimated 37,500 enemy casualties (including 25,000 dead), leaving the 9th Army Group unable to fight again until the following spring, after it received an estimated 60,000 replacements.

Throughout the 1st Marine Division's fighting withdrawal, Marine aircraft and the Air Force's Combat Cargo Command conducted a critical aerial resupply and medical evacuation. More than 4,000 wounded Marines and soldiers were evacuated by Air Force aircraft from the besieged airstrip at Hagaru-ri, near the southern tip of the reservoir. At Hungnam, while the U.S. Army's 3rd Infantry Division secured the perimeter, the Navy's Task Force 90 – including attached merchant ships of the Military Sea Transportation Service (now the Military Sealift Command) – conducted one of the largest and most orderly amphibious withdrawals in history, redeploying 105,000 Allied troops and evacuating close to 100,000 North Korean refugees who voted with their feet against communism.

As Danzig remarked, the Hungnam operation was "a remarkable achievement of leadership and orchestration."

By December 24, the redeployment and humanitarian evacuation were complete, and the port destroyed by Navy underwater demolition teams.

In all, 14 Marines (seven posthumously), two Sailors (one posthumously) and two soldiers (both posthumously) would receive the Medal of Honor for their valor during the

See **CHOSIN** Page 12

READY, FRONT

Headquarters Battalion, Marine Corps Logistics Base Barstow

The next rank: Prepping for promotion

Submitted by **SSgt. Christian Galbraith**
Career Planner

The promotion system provides a process where Marines within each grade and Military Occupational Specialty/Occupation Field compete for promotion to the next grade. The basic goal is to advance the best qualified Marines to higher grades. This ensures MOS/OF vacancies in the enlisted structure are continuously occupied by Marines who are fully qualified to perform and assume the responsibilities of the next higher grade.

The service record is personal representation at all selection boards for promotion. It is imperative as a career Marine, to fully understand all the moving parts of the service record and know how to keep it up to date. Poorly managed records are routinely found during reviews to evaluate performance during counseling. Records are not updated with important items such as Professional Military Education, Fitness Reports and awards missing. Failure to project all information in a record may not present a full picture of a Marine's performance and potential.

Ensuring the service record is current and complete is the responsibility of the Marine and no one else.

"If a selection board determines that a Marine's case is incomplete, but sufficient information is available to make a valid recommendation, the Marine will be considered for selection. Marines in this situation are not entitled to remedial consideration based on the missing material which has been updated subsequent to the adjournment of the selection board," according to the Marine Corps Enlisted Promotions Manual.

It is neither difficult nor time consuming to ensure a record is current and updated. The accompanying sidebar relates much of the information regarding what and where to check in a Marine's record.

Official Military Personnel File

The OMPF is seen by the promotion board digitally and is avail-

able to individual Marines upon request in the plastic microfiche format. It is a set of three individual folders printed in a run-on sequence on microfiche and contains the following information:

Service Folder: Consists of contract information, discharge documents and general administrative and service documents used to compute service time for benefits, programs or retirement.

Commendatory/Derogatory Folder: Contains documents on civilian and military education, personal awards, courts-martial/nonjudicial punishments, and other material reflecting significant personal achievement or adversity pertinent to making decisions for purposes of selection, assignment and retention.

Performance Folder: Contains fitness reports and standard addendum pages for all sergeants and above.

Master Brief Sheets

The MBS is a snapshot of administrative data, duties and grades given based on the fitness reports. The old style MBS will have no further entries beyond the closing date of the old Performance Evaluation System. A new style of MBS reflects all reports received under the present Performance Evaluation System.

Corresponding with the Board

Marines can send correspondence to the President of a Selection Board. It is recommended all correspondence be sent to explain and not complain. Be chronological, factual and to the point. This is especially useful when explaining details or circumstances not otherwise known by examining a record. Letters of recommendation may also be included. Mail all correspondence to the following address:

President (Specific Board)
Headquarters, U.S. Marine Corps
Harry Lee Hall (MMPR-2)
17 Lejeune Road
Quantico, VA 22134-5104

See **PREPPING** Page 12

Staying Up-to-Date

Here is a simple checklist to ensure the accuracy and update of service records for the promotion process.

What to Check	Where to Check
Administrative Information (DOR, AFADBD, PEBD, PMOS, IMOS)	Basic Individual Record in the Marine Corps Total Forces System and the header data of the Master Brief Sheet. The unit diary can correct this locally.
PFT (Semi Annually)	Basic Training Record in the MCTFS. The unit diary can correct this locally.
Rifle/Pistol Range (Annually)	Basic Training Record in the MCTFS. The unit diary can correct this locally.
PME	Though this can be verified in many places, it is usually best to ensure all PME shows completion as a complete course in the Basic Training Record in the MCTFS. Marine Corps Institute (1-800-MCI-USMC) inputs this information. ^{1,2}
Other training requirements (Swim Qual, BST)	Basic Training Record in the MCTFS. The unit diary can correct this locally.
Awards	Awards Screen in the MCTFS to ensure it is in the system and in the Official Military Personnel File to ensure the citations have been inputted for all to read. Very often, it is found in the system, but not in the OMPF. System input via unit diary and send citation to MMSB for input into the OMPF.
Civilian Education	Education Screen in the MCTFS. The unit diary can correct this locally; also ensure the grade level reflects appropriately. Ensure a certified true copy is sent to MMSB for input into the OMPF.
Fitness Reports	Though there are many ways to check this for both the old and new reports, it is best to ensure all reports are in the MBS and OMPF. If there is a question regarding the reports in a record, call MMSB-20 at DSN 278-3952. ³
Fitness Reports	Though there are many ways to check this for both the old and new reports, it is best to ensure all reports are in the MBS and OMPF. If there is a question regarding the reports in a record, call MMSB-20 at DSN 278-3952. ³
Promotion Photos	It is a requirement to submit a promotion photograph. Ensure there is a sharp appearance and correct information on it. Always get it certified by the command. To ensure receipt, submit it with a NAVMC 941, Letter of Transmittal. ⁴

¹ Marines should increase their competitiveness by doing as much PME as possible to include all resident courses at the Staff Noncommissioned Officers Academy. PME requirements must be shown as completed at least one day before the convening date of the selection board. Additionally, ensure there are remarks on fitness reports for reading books from the Commandant's Reading Program.

Though the board does not see the BTR/BIR which reflects the correct unit diary entry from the unit and an appropriate entry into the MCTFS. The board will see the MBS

See **NOTES** Page 16

PROMOTIONS AND AWARDS

Awards

Navy/Marine Corps Achievement Medal
Sgt. Omar M. Ebanksrivera

Good Conduct Medal
November

MGySgt. Kim Ortamond
GySgt. David W. Leak
SSgt. Ralston A. Clarke
SSgt. John C. Green
SSgt. Shelton T. Lawson
Cpl. Joseph A. Lee
Cpl. Elder A. Reyes
LCpl. Thomas E. Walsh

December

Cpl. Patrick Snyder
LCpl. Richard Wheelen, Jr.

Promotions

The following Marines were promoted to their current rank
January 1.

SSgt. Edward A. Ellingsworth, Jr.
SSgt. Jose D. Lealmonoz
Sgt. Brian K. Davidson
Sgt. Jesse A. Williams
Cpl. Joshua C. Brule
Cpl. Forest J. Hill
Cpl. Christopher A. Oakes

Retirements

SgtMaj. John D. Hathaway 26 years
GySgt. John A. Kraak 21 years
GySgt. David J. Watson 20 years

Range Scores

SSgt. Jimmy W. Hill	52	Expert
SSgt. Stephen B. Locke	35	Sharpshooter
Pistol	352	Expert
SSgt. Verliann K. Nuuhiwa	33	Marksman
SSgt. Mark N. Stoddard	42	Expert
Sgt. Jason M. Cortright	40	Expert
Sgt. Christopher G. Hudziec	28	Marksman

Sgt. Jose G. Sanchez, Jr.	35	Sharpshooter
Cpl. Jason P. Jones	39	Sharpshooter
Cpl. Ernie Mena	41	Expert
LCpl. Derrick C. Christoff	25	Marksman
LCpl. Cory A. Kelly	43	Expert
LCpl. Barbara J. Lee	40	Expert
LCpl. Eduardo H. Nuno	27	Marksman
LCpl. Peter A. Parker	44	Expert

'It's the end of the line, Jack'

By LCpl. Cory Kelly
BARSTOW LOG staff

Cereal companies. Toy companies. Tool and die companies. And just about every other company, right down to the guys that put the toys in the Cracker Jack box, work through an assembly line.

Maintenance Center Barstow is no different in that aspect. The only difference between MCB and the rest of the product-based market is that experienced technicians do the work here. In the civilian sector, machines do the labor.

The equipment the center repairs and restores starts at one end of the scale and is broken down piece by piece and rebuilt in the same fashion by specialists at each level. From Humvees to tactical wreckers, from Paxman engines to Light Armored Vehicles, and from tanks to recovery vehicles there are specialists who know their job to a "T."

With any other product at the end of the line, a wrapper, sticker and a price tag would probably be the final touch before it's distributed out to the world, but at MCB it's a little different. At the end of Barstow's line there is a small building equipped with a few humble men with large minds – Cost Work Center 744 labeled Preservation, Lube and Undercoat.

The men working there are the embodiment of the packaging process for every vehicle that rolls off the assembly line. Their job requires experience with and knowledge of every product they handle.

"It's the end-item piece we handle," David White, preservation leader, said. "We make sure it gets to the customer the same way it

came off the line."

Attention to detail is what it's all about. A majority of their job is ensuring everything works how it is supposed to.

After establishing the product is worthy of their "seal of approval" they begin the packaging process. Only their packaging process doesn't include plastic wrap, foam popcorn and boxes; most 20-ton vehicles won't fit in a box. At one end of their world are the anti-corrosion and anti-rust inhibitor coatings applied, which are mostly handled by their "sister section" in CWC 746. Smaller vehicles like

humvees and most trailers they handle on their own.

In some cases the protective coatings applied are so strong the only form of decay or oxidation one has to worry about is the rapid corrosion that would come from suffering a nuclear blast, White exaggerated.

At the other end of their world is the actual packaging. "It's a complex deal. A lot of the stuff we do we do every day so we don't think much about it," said Roland Gonzales, preservation servicer. "But if we didn't do it, by the time the [product] got out to the fleet it would be inoperable. Linkages would bind up and stuff. We take care of all of that so everything is at top performance level when it gets out to the units."

The preservation servicers arm themselves with every tool needed right down to aluminum tape and lens tissue to tie up loose ends, lube up hatches and moving pieces and protect optics and glass. So, at the end of the line when a unit gets back their equipment, there aren't any recalls, no scratched glass and no complaints.



Photo by LCpl. Cory Kelly
Roland 'Bo' Gonzales ensures the 960-gallon water module's pressure valve works correctly.



Photo by LCpl. Cory Kelly
Roland Gonzales, preservation servicer, ensures there are no punctures or cracks inside a 960-gallon fuel module. "We have to make sure everything is right and tight," Gonzales said. "We are the last stop; if we don't make sure everything is right, we might not be putting out a good product."



Photo by LCpl. Cory Kelly
Jerry Guerrero takes a breather. His protective suit gets a little uncomfortable at times.



Photo by LCpl. Cory Kelly
Jerry Geurrero, preservation servicer, preps a trailer for an undercoating. The trailer, like humvees, has an aluminum frame. The aluminum frame makes it so the undercarriages and frames don't rust, but open the door to corrosion. The anti-corrosion coating Guerrero is about to apply will more than double the life span of this vehicle.

MCCS



MARINE CORPS Community Services Barstow

By Jim Gaines
MCCS Publicity

January Inventory Sale at MCX

Great buys are available as the January Inventory Sale continues at the Exchange.

Ten percent off all home electronics systems, such as TVs, stereos and CD players. Twenty percent off all perfume and cologne in stock (except Bath & Body). And 30 percent off all men's and women's clothing in stock (except uniform items).

Plus there are Manager Specials throughout the store every week in January.

The Exchange/7-Day Store is open Monday-Saturday, 8 a.m.-9 p.m., and Sunday, 10 a.m.-6 p.m. Call 256-8974 for details.

The Railhead Exchange at the Yermo Annex is open Monday-Friday, 8 a.m.-6 p.m. Closed Saturday and Sunday. During troop rotation, the Railhead Exchange is open Saturday

and Sunday, 9 a.m.-5 p.m. Call 577-7092 for more information.

Daily Lunch Menu

Today - Hot turkey sandwiches.

Friday - Hoki fish.

Monday - Holiday hours.

Tuesday - Chicken Parmesan.

Wednesday - Meatloaf.

Thursday - Chicken-fried steak.

All lunch meals are served with vegetable, roll/butter, coffee, tea or soft drink. Lunch price is \$3 military, \$4.50 civilian.

A la carte and sub sandwiches are available for lunch.

Lunch at the Family Restaurant (Nebo) is Monday-Friday, 10:30 a.m.-12:30 p.m.

Lunch at the Cactus Cafe (Yermo) is Monday-Friday, 11:30 a.m.-noon.

Thursday Family Night Dinner Menu

Tonight - Baked chicken.

Next Thursday - Carved roast beef.

Family Night dinners are served Thursday evenings at the Family Restaurant from 4:30-7:30 p.m. Prices: (military and civilian) \$4.50 adults, \$2.50 children (5-11 years), children 4 years and under are free. All ranks and all base civilians are welcome.

Health and Wellness Classes

Two classes are coming up this month at Semper Fit:

January 23 - Health Management Class. How do we change our way of thinking from "I don't have time." to "I will make time."? Learn to manage physical activity on your busy schedule by making it one of your priorities.

January 30 - Healthy Heart Class. How much do you know about how the heart works? Learn the basics of heart anatomy, and why it's important to keep the most important muscle in your body healthy and strong.

The above classes are in the Aerobics Room at the Gym/Fitness Center, Bldg. 44, noon-1 p.m. Everyone is encouraged to attend.

For more information contact Health Promotions, 577-6817.

Learn to play golf

It's easy to learn how to golf at Tees and Trees Golf Course. Our professional instructor, Oscar Valenzuela, can teach you how to play this great sport in no time, and you'll be out on the links golfing and enjoying yourself.



Photo by Theresa Meugniot

Major Brian T. Ballard, MCCS director, congratulates Ingrid Hamilton, CDC administrator, during her recent retirement luncheon.

Ingrid Hamilton retires as CDC administrator

After 22 and a half years of service and a long history of accomplishments at the Child Development Center, Ingrid Hamilton retired January 3rd.

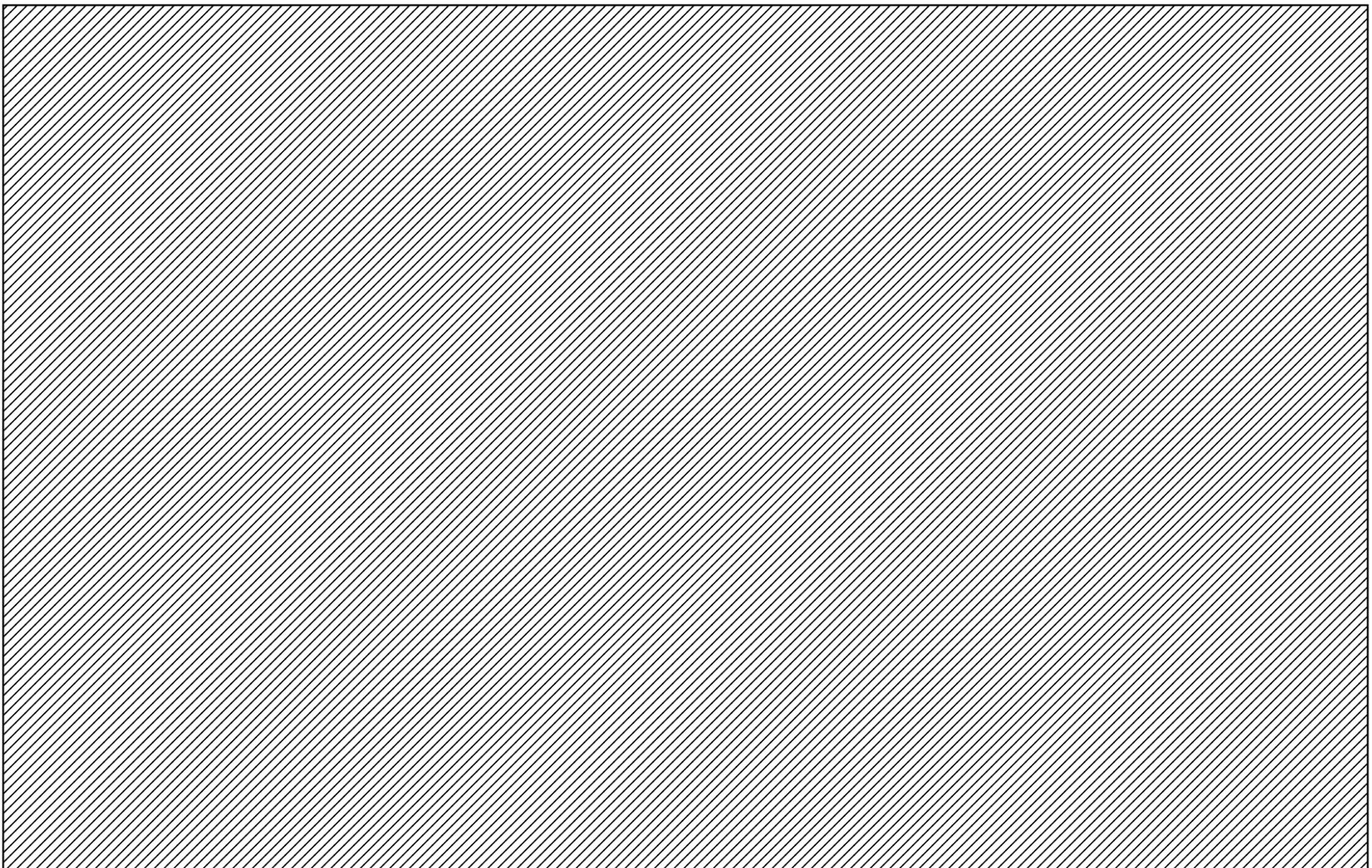
Originally, when Ingrid first came aboard MCLB in 1979, she was assigned as a baby sitter - the only official baby sitter on the base. Ingrid built the CDC from scratch throughout the years to the successful operation it is today. She was instrumental in the smooth transition of the Youth Activities Center into the new Personal Services Division when Family Services united with Morale, Welfare and Recreation under the new Marine Corps Community Services.

A hearty congratulations Ingrid, you will be missed.

Once you become a golfer enjoy golfing at Tees and Trees seven days a week, with your friends or just by yourself. You can join in on tournaments held throughout the year and maybe win one or two.

There are many good reasons to learn to play golf. Instructions are available at \$15 for adults and \$10 children.

See MCCS Page 11



MCCS from Page 10

For more information on golf instructions call 577-6431.

Tees and Trees Golf Course is open Monday, 11 a.m.-5 p.m., and Tuesday-Sunday, 7 a.m. to 5 p.m.

Martin Luther King, Jr.

Holiday Hours

The Exchange/7-Day Store is open 10 a.m.-6 p.m. The Family Restaurant is open holiday hours with menu service 9 a.m.-2 p.m. Tees and Trees Golf Course is open 7 a.m.-5 p.m.

The following services are closed Monday: Semper Fit/Gym-Fitness Center, Personal Services, Housing, ITT, Oasis Club, NCO/Enlisted Club, Barber Shop, Bowling Center, Cactus Cafe (Yermo), Railhead Exchange (Yermo).

Other holiday hours: Sunday: The Hobby Shops (Auto, Ceramic and Wood/Rock), which are normally closed Monday, will observe Martin Luther King, Jr. Day on Sunday and Monday.

Aerobics Classes

Semper Fit offers two aerobic classes to keep you fit. Do your aerobic workouts an hour per day, four days a week, and you'll be in great shape, feeling vibrant and looking fantastic.

A late afternoon class with Gina Galbraith as your instructor is Monday-Thursday, 4:30-5:30 p.m. The cost is \$20 per month or a \$2 walk-in fee.

An early evening class with Stephanie Jeffery as your instructor is Monday-Thursday, 6:30-7:30 p.m. The cost is \$15 per month or a \$2 walk-in fee.

Both classes are in the Aerobics Room at the Gym/Fitness Center, Bldg. 44.

Baby-sitter's class

The American Red Cross Babysitter's Course is available to all military and MCLB Barstow civilian family members between the ages of 12 and 18 interested in babysitting aboard the base.

The class is at the Child Development Center, Bldg 372, January 22, 8 a.m.-3:30 p.m. Participants must bring a sack lunch as there will be a 30-minute lunch break. The registration fee of \$16 covers the American Red Cross Babysitter's Guide and babysitter's certification card. This must be paid at the time of registration. Register at CDC no later than close of business January 18.

For more information, call Grace Walls at 577-6049 or 577-6287.

ITT has Get-away Tickets

ITT has tickets to everywhere or at least it seems that way. ITT has tickets for just about every major attraction in Southern California.

ITT has tickets to:

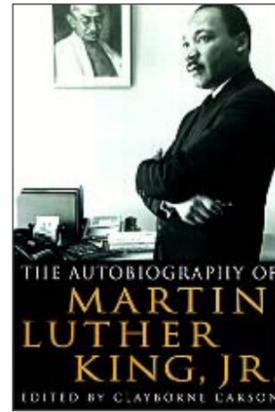
Disneyland: (tickets to the all-new California Adventure will be here in February).

- Knotts Berry Farm
- Magic Mountain
- Medieval Times dinner and show
- Wild Bill's dinner and show
- San Diego Zoo
- Sea World
- Long Beach Aquarium
- Universal Studios
- Movieland Wax Museum
- Ripley's Believe It or Not Museum
- Wild Animal Park
- Catalina sightseeing tours
- harbor dinner cruises
- ocean fishing trips

Call ITT, 577-6541, for more information on tickets to wherever you want to go. ITT is open Monday-Friday, 8:30 a.m.-4 p.m.

Check out this book at the Base Library

The Autobiography of Martin Luther King, Jr. Edited by Clayborne Carson. King was a husband, father, preacher and the prominent leader of a movement that continues to transform America and the world. Martin Luther King, Jr., was one of the 20th Century's most influential men and lived one of its most extraordinary lives. Now, in a special volume commissioned and authorized by his family, here is the life and times of this remarkable man, drawn from comprehensive materials, many of which have never before been made public.



THE BASE LIBRARY

A Branch of MCCS Personal Services
 Monday-Friday
 10 a.m.-6 p.m.
 Saturday and Sunday
 10 a.m.-4 p.m.

For more information
 call 577-6395

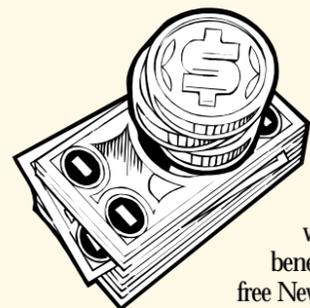
Keeping it home

Where does all the money go?

That's a question MCCS is asked frequently. Where does the money spent here on MCCS services go? Does it go back into an overall MCCS Marine Corps-wide fund?

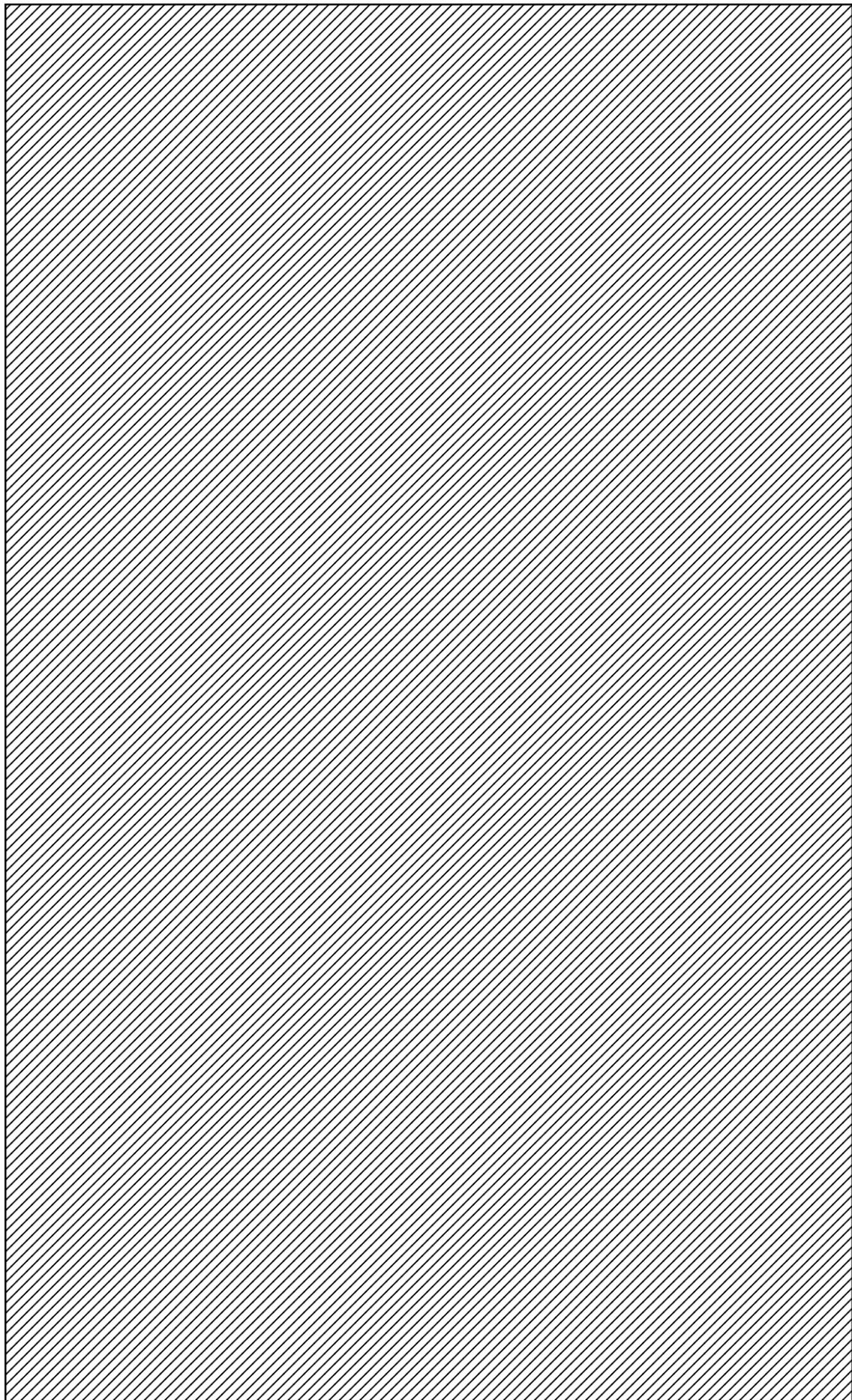
Does it all go back to Marine Corps Headquarters?

The answer is ... it doesn't go anywhere. It stays right here. Every time money is spent at an MCCS service - whether at the Exchange, the Golf Course, the clubs or wherever - the money goes back into the MCCS.



What does MCCS Barstow do with this money? It's turned back into benefits for you. For example: The recent free New Year's Eve Bash, the new Railhead Exchange in Yermo, ITT trips, sport activities, sponsored sport teams and free equipment issue at the Gym/Fitness Center, golf tournaments, the list goes on and on. Plus there are maintenance costs and refurbishing of existing facilities, such as the renovation of the Main Exchange and 7-Day Store in progress right now, the recent renovation of the Base Gym/ Fitness Center, the renovation of the Golf Course, etc.

The bottom line is money spent here at MCCS stays right here. It goes to work for you in terms of better facilities, more free services, better quality services and higher quantity of services.



PREPPING from Page 8

Phone: (703) 784-9712/9713
DSN: 278-9712/9713
FAX: (703) 9884

Marines can order their OMPF and/or MBS by writing or faxing a request to MMSB-10. Include rank, full name, SSN, mailing address and work phone number and mail request to:

MBS

Headquarters, U.S. Marine Corps
(MMSB-33) 2008 Elliot Road

Quantico, VA 22134-5030
FAX: (703) 784-5792
DSN: 278-5792

OMPF

Headquarters, U. S. Marine Corps
(MMSB-20) 208 Elliot Road
Quantico, VA 22134-5030
FAX: (703) 784-5783
DSN: 278-5783

Further information on promotions may be found at <https://www.mmsb.usmc.mil>.

CHOSIN from Page 7

Chosin Reservoir Campaign.

Among the most moving events of the day came towards the end of the ceremony, as everyone stood at attention rendering salutes while the Royal Marine Band played the traditional British honors to the fallen, "Last Post," followed by "Taps" from a U.S. Marine bugler.

As the Navy Band played the Navy Hymn, retired Chaplain (Capt.) John H. Craven, chaplain of the 7th Marines at Chosin, delivered a moving benediction: "Thank you, Lord, for bringing us home through the snow and the ice ..."

For more information about other Korean War commemorative events, go to <http://www.korea50.army.mil>.

SAILOR from Page 7

further focused his impressions in meetings with the Secretary of the Navy, the Chief of Naval Operations, other senior officer and enlisted personnel, and his patrons – the Navy Memorial Foundation officers, staff and board members. These patrons represented literally hundreds of years of Navy experience and acquaintance with the Lone Sailor.

The process of conceptualization, modeling, sculpting, and casting went through five initial images, four different models, and

well over a year of work before culminating in the unveiling at the formal dedication of the Memorial on October 13, 1987 – on the anniversary of the Navy's birthday.

The third model of a strong and brash young man leaning over a cleat, although very well received, was passed up in favor of an upright model. However a full casting of this model, dubbed the "Liberty Hound", was subsequently commissioned for the Jacksonville Navy Memorial in Jacksonville, Florida.

As part of the casting process, the bronze for The Lone Sailor was

mixed with artifacts from eight U. S. Navy ships, provided by the curator for the Navy in the Naval Historical Center at the Washington Navy Yard. The ships span the Navy's history, yielding small pieces of copper sheeting, spikes, hammock hooks and other fragments from the post-revolutionary frigates Constitution ("Old Ironsides") and Constellation; the steamer Hartford, flagship of Admiral David G. Farragut in the Civil War era; the battleship USS Maine; the iron-hulled steamer/sailing ship USS Ranger; the World War II-era cruiser USS Biloxi and aircraft

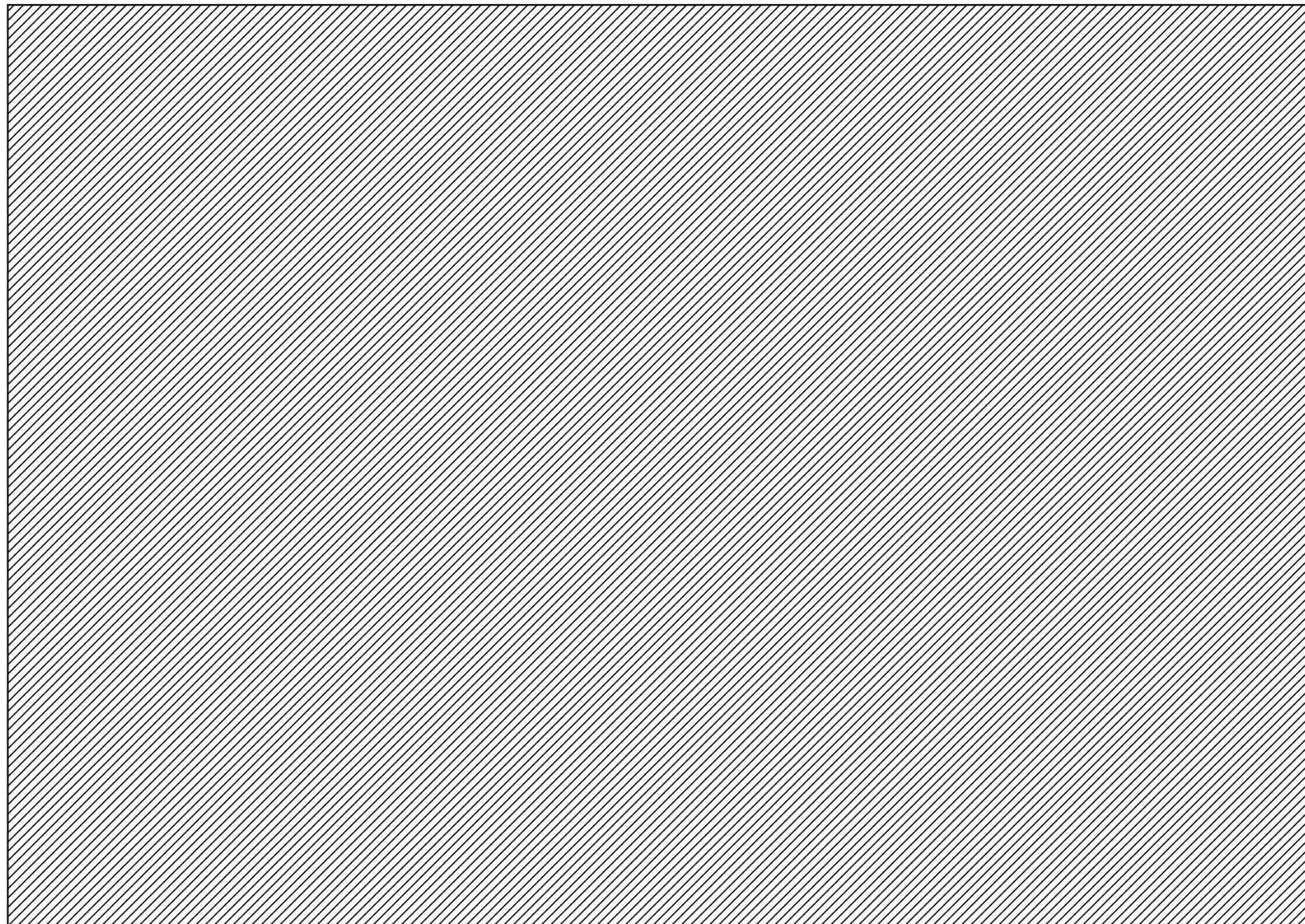
carrier USS Hancock, and the nuclear-powered submarine USS Seawolf. One last addition was a personal decoration from today's Navy, one given to Sailors in war and peace, the National Defense Service Medal. These bits of metal are now part of the Lone Sailor.

Reaction to the Lone Sailor has been gratifying. "He certainly represents us," is the claim heard from nearly every Navy community, active or retired. The Navy Memorial Foundation regularly receives telephone calls or notes from Navy veterans or their families wondering where the Foundation obtained their

photograph as the model for the statue. The Lone Sailor is impressive to people who have never served in the Navy and powerfully so for those who have served.

"You would want this guy at your battle station when it's not a drill," former Master Chief Petty Officer of the Navy Billy C. Sanders says of The Lone Sailor. "He is the classic American Sailor. That statue looks like bronze, but there is plenty of salt, paint, sweat, fuel oil and courage stirred in."

More information about the U.S. Navy Memorial can be found at <http://www.lonesailor.org>.



SPORTS

Barstow falls short in first home varsity game

By LCpl. Joshua Barnhardt

BARSTOW LOG staff

The MCLB Barstow varsity basketball team lost to Marine Corps Air Station Miramar 81-67 Saturday in the first-ever varsity basketball game at Barstow.

Audie Carson led the team in scoring with 23 points.

Barstow started the game strong by taking an 8-5 lead with Elder Reyes scoring the first eight points. Miramar then went on a 10-2 run to make the score 15-10.

Barstow never led again, but made a game out of it. Bryce Catlett brought the score within three with a three-pointer, but Miramar went on a 14-4 run to end the half. The halftime score was 36-23.

Reyes was the team leader in scoring at the half with 10 points. He would only score two more points, but he freed up Carson who dropped six three-pointers on Miramar in the second half.

Both teams started the second half slowly. It opened up when Reyes was charged with an intentional foul for grabbing the arm of a Miramar player who was streaking down the court for a dunk.

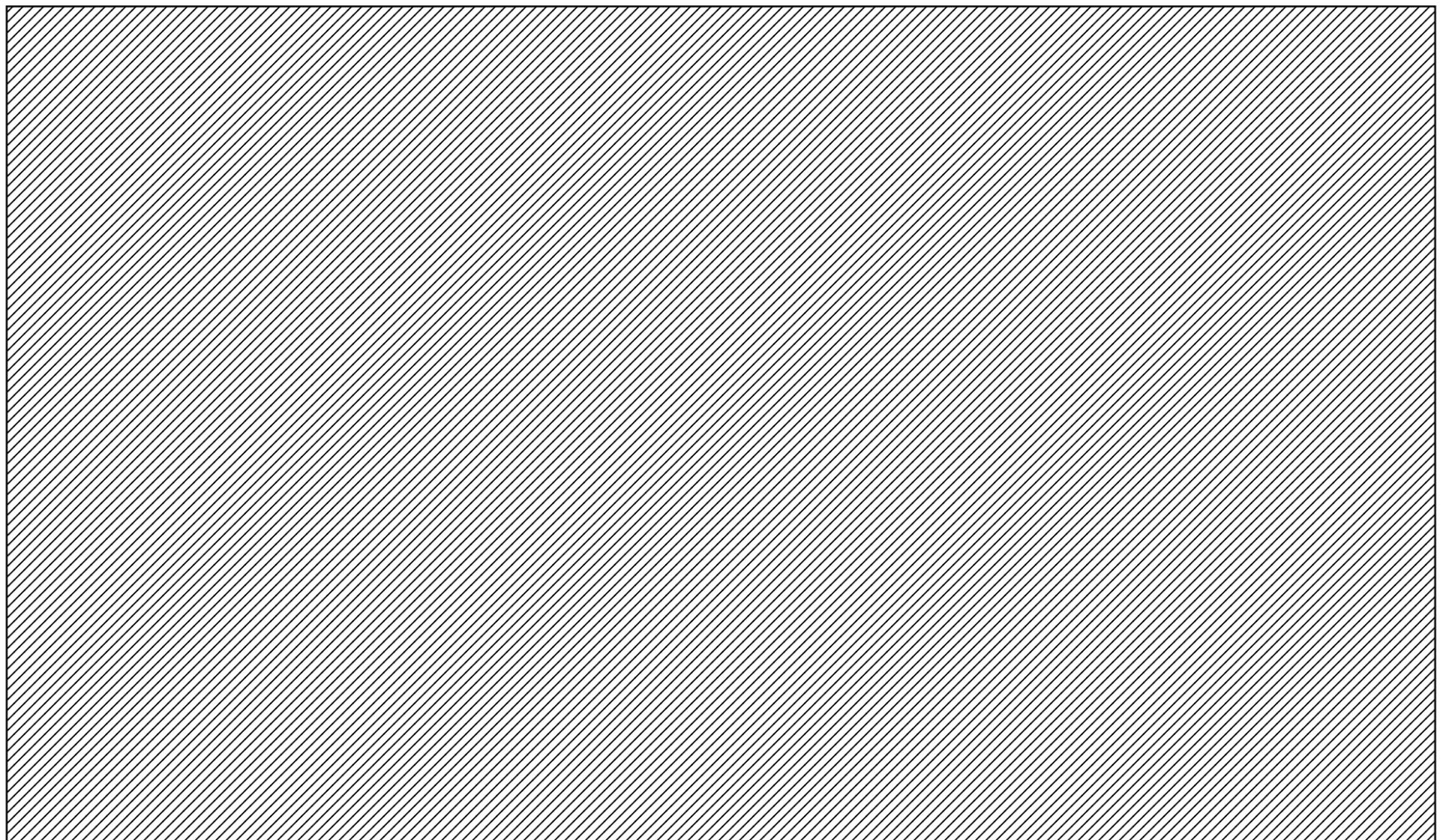
Before Barstow could recover, Miramar had a 20-point lead at 50-30. Then the Barstow



Photo by LCpl. Joshua Barnhardt

Michael BudabinMcQuown tries to drive around a Miramar defender. 'Buda,' as his friends call him, played point guard for the Barstow team. He is known for getting excited during the game, including arguing with the officials. It is just part of what makes him effective on the court.

See **VARSITY** Page 14



VARSITY from Page 13

team made their move.

Barstow went on a 15-4 run including a three-pointer by Michael Budabinmcquown and two consecutive three-pointers by Carson.

Reyes fouled out with 3:38 left in the game which pretty much sealed Barstow's fate. Barstow never could get within ten and ended the game with a 14-point loss.

Catlett finished with 17 points and Jason Grimes had 8 to round out Barstow's top scorers.

This was the first time a base team has come to Barstow to play the Barstow base team. Catlett, who also doubles as the Assistant Athletic Di-

rector, scheduled the event.

The event was scheduled to prepare for the regionals, said Catlett. Although regionals aren't until October, this game established some fan support and worked on team continuity.

Last year at the regionals, Barstow only had seven players on their team, said Catlett. There were 13 players at Saturday's game.

"Maybe this will show that the Marines do want to participate if they are willing to come on a Saturday," said Catlett.

Barstow is going to try to set up more games to be played here. They have already traveled to MCAGCC Twenty-nine

Palms and Edwards Air Force Base to play since last year's regionals.

"We lost to both teams, but we are getting better," said Catlett.

Edwards Air Force Base smoked Barstow, said Catlett. They have a team where basketball is their job. They play basketball all year.

That is not possible at Barstow, said Catlett. There are so few Marines on base that no department can afford to give up a Marine to play a sport.

The team is picked based on a player's performance during Barstow's intramural season.

A new season starts January 17. This season there are going to be NCAA-certified officials instead of players to referee the games.



Photo by LCpl. Joshua Barnhardt

Jason Grimes goes up for a layup against Miramar's tough defense. He completed an alley oop later in the game.

SPORTS BRIEFS

Intramural League forming

The intramural basketball season starts Wednesday. The games happen every Wednesday throughout the season. Support your section by playing on their team or by cheering them on from the stands.

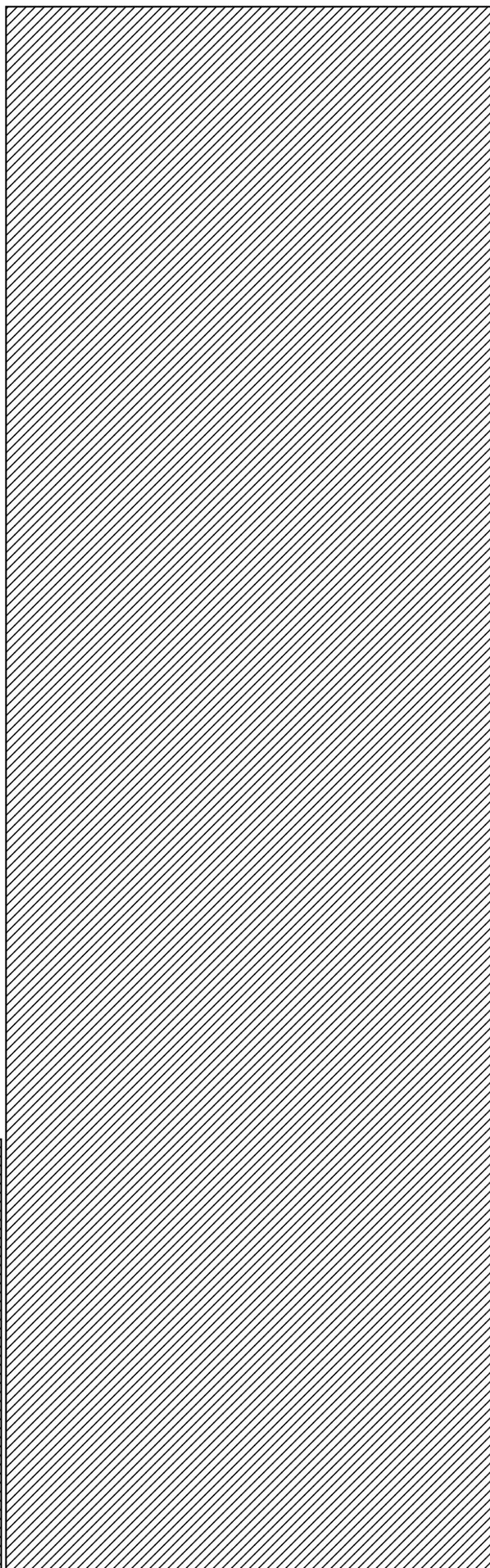
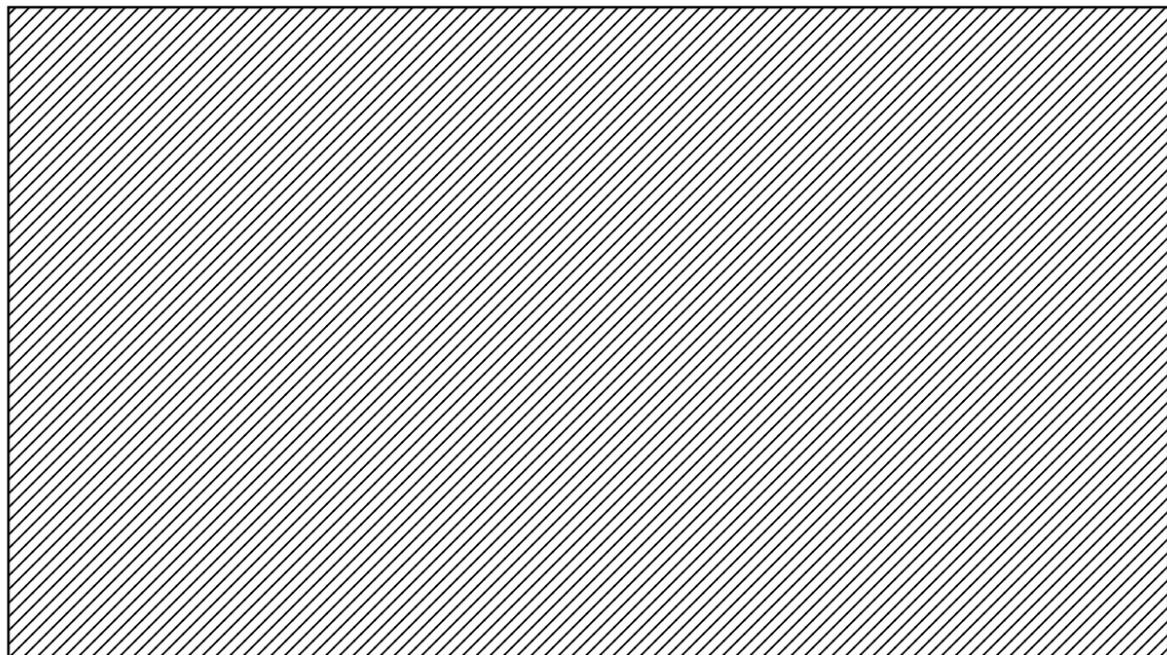
Marathon Alert

The Suzuki San Diego Rock-n-Roll Marathon happens June 3.

The unique race features bands playing every mile of the 26.2-mile race. Additionally, 40 local high school cheerleading squads are strategically placed along the route to encourage the runners. The race starts at Balboa Park and ends on the Marine Corps Recruit Depot parade deck.

Semper Fit is picking up the \$65 entry fee for base runners.

Anyone interested call 577-6708/6347.



Please submit all Trader Ads to editor@barstow.usmc.mil.

1983 CHEVY CAPRICE: As is, 350 V8, good transmission, new front tires, brand new starter. \$500 OBO. Call 253-7771 anytime.

1986 DODGE DAYTONA C/S: 2.2L, turbo, 5-speed, alloy rims, new battery, looks and runs good. \$1,800 OBO. Call 243-3351.

1994 CHEVY SILVERADO XTRA-CAB ½-TON TRUCK: Fully loaded, tow package, low mileage, very clean in/out, runs great, well cared for. Will sell for amount owed, \$13,000. Call 947-6995.

1997 TOYOTA PREVIA S/C: Clean in/out. \$15,900 OBO. May consider payments. Call 255-3045.

MISCELLANEOUS: Retirement sale: 1930 antique upright radio, \$100; Kenmore washer/dryer, \$150. Set of 3 oak swivel barstools w/ backs, \$50 each; Craftsman 20" mulching mower, \$50; 5 hp/28 gal tank air compressor, 2 yrs old, \$200; Ryobi gas trimmer, \$50; shop bench grinder/wire wheel \$20. Call 252-4352.

MISCELLANEOUS: Girl's Lil' Tikes cottage-style twin-size bed and mattress, xlt cond., head of the bed has cottage-style roof and a window to store dolls, etc. must see, \$150; Alpine stepper, very good condition, make offer. Call 253-2677 after 5:00 p.m.

MISCELLANEOUS: AM/FM radio/cassette player with 10"x14" detachable speakers, \$20; Navy pea coat, size 38, \$20; Nokia 5120 cellular phone w/battery and leather carrying case, \$50. Call 242-8839.

MISCELLANEOUS: Used ceiling fan, 52", \$12; child's tricycle, \$15; Stanley cabinet w/sliding doors, model Basic 100, 93" high, \$35 each or both for \$70; webbed lawn chair, \$12; baby bath, \$3. Call 256-8803.

NOTES from Page 8

and Marines should ensure that all PME also appears in the header data of the MBS. Additionally, it is a good idea to send copies of certificates for 'Required PME' to the board. This will serve as a good proof source just in case the source document from MCI or MCTFS are incorrect

² Successful completion of Drill Instructor, Recruiter or Marine Security Guard school in the grades of corporal through gunnery sergeant can replace the requirement to complete resident PME courses, including the SNCO Advanced Resident course, provided the Marine has also completed the appropriate nonresident program, according to the Enlisted Promotion Manual. The individual Marine is required to ensure the equivalency code is run by unit diary and the same is reflected in the Basic Training Record, this does not get accomplished automatically. The Equivalency Code for the Advanced Course Resident is L77, which is a requirement for promotion. For further details, read ALMAR 156/96. Though there are two additional equivalency

codes in the Codes Manual, they are for resident courses that will not help Marines for promotion to 1stSgt (or MSgt, starting CY-02).

³ In the old fitness reports, date gaps were for periods not covered for 45 days or more. In the new reports, date gaps are for periods not covered for 31 days or more. There is no grandfather clause.

⁴ Marines being considered for pro-

motion regardless of zone, are required to send a Promotion Photograph to the selection board (MCO 1070.12J). Photographs must be taken within six months from the convening date of the board and be in the service "C" uniform. If the service "C" uniform is not available due to deployment, submit a photograph in the most appropriate uniform available.

BRIEFS from Page 3

training transformation. NBC executives have decided against developing the series at this time.

Sarge! TV program: Sarge!, a two-hour History Channel special highlighting the significance of non-commissioned officers, airs January 15 at 9 p.m. Sergeant Major of the Marine Corps SgtMaj. Alford A. McMichael was interviewed for the show and figures to be prominently featured.

Suicide Missions: 1st FAST Company has been working with Digital Ranch Productions on a terrorism response story for the History Channel's Suicide Missions series. The Marine Corps is featured as the final act, distinguishing between "counter" and "antiterrorism" units.

The show is scheduled to air January 18 on the History Channel.

60 Minutes: CBS' long-running news video magazine is researching and developing a comprehensive story about the MV-22 Osprey. Representative Curt Weldon and several family members of Marines who died in the April 8 crash in Marana, Ariz., have been interviewed for the story. The story is expected to air January 21.

Marine Online

Marine Online provides information for both officers and enlisted about where they have an opportunity to be stationed according to their Military Occupational Specialty.

Check out the Web site at <https://www.mol.usmc.mil>.

Civil War

Calico Ghost Town is holding their annual Civil War days February 17-19.

Call 1-800-TO-CALICO to verify times of events or check their Web site at <http://www.calicotown.com>.

